



Women, Infants & Children

SOUTH CAROLINA



Good food and a whole lot more!

WIC is a nutrition program that provides:

Nutrition Education

WIC provides personalized nutrition information and support to help you feed your family in a healthy way. We also provide breastfeeding support, including one-on-one counseling with a mother who has breastfed.

Healthy Food

WIC gives you monthly checks to buy healthy foods.

Health Services

WIC helps you with referrals to other health and social services that can benefit the whole family.

Is WIC for me?

WIC is for:

Women who are:

- Pregnant
- Breastfeeding, or
- Recently had a baby

You can stay on WIC for one year after your baby is born if you are breastfeeding, or for six months if not breastfeeding.

Infants from:

- Birth to 1 year of age

Children from:

- 1 year of age to their 5th birthday

Do I qualify for WIC?

Even if you are working, you may be eligible. To qualify for WIC services, you must:

- Meet the income guidelines (WIC staff can help you determine this)
- Live in South Carolina
- Benefit from healthy foods and nutritional counseling

If you are currently receiving Medicaid, TANF, or SNAP, you are already eligible!

Apply for WIC now:

1-800-868-0404

SC Health & Environment

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www.scdhec.gov/wic